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June 23, 2000

## Three Tyndall members to turn stripes into bars

**Tech. Sgt. Sean E. Cobb**

*325th Fighter Wing  
public affairs*

Three enlisted Tyndall members were recently selected to attend Officer Training School at Maxwell AFB Ala., demonstrating that the Air Force needs a few good enlisted people to become officers.

**Master Sgt. Robert D. Folker**, 325th Operations Support Squadron intelligence flight superintendent, **Senior Airman Glenn Gordian**, 325th Contracting Squadron contract specialist and **Tech. Sgt. Laura J. Woodman**, 325th Logistics Support Squadron aircraft maintenance instructor, were chosen to make the transition from enlisted to officer through the OTS Commissioning Program.

"I was ecstatic when I found out I made it," Gordian said. "After all that hard work putting the commissioning package together, I was happy that it all panned out."

He wasn't the only one who was happy with the news. "When I found out I made it I was very excited," Woodman said. "Actually

though, I think my dad was even more excited than I was. He was very proud of me."

These three people are a prime example of a trend in the Air Force, said Wanda M. Kirkpatrick, 325th Mission Support Squadron education guidance counselor. "This is a golden time for enlisted people to apply for officer status," she said. "The Air Force is really looking for officers right now, and there is no better place to look than in the enlisted corps."

Air Force need is one of the reasons Folker decided to make the transition to be an officer. "If a person is ready to make a commitment to become an officer, there is no good reason not to. The Air Force needs officers with our (enlisted members) experience," he said.

The numbers from Tyndall alone support this trend, said Andrew L. Colvin, 325th MSS education guidance counselor. "Since Jan. 1, 21 enlisted troops have been selected for OTS," he said. "And that is just through the OTS Commissioning

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Tech. Sgt. Sean E. Cobb

## Teamwork inspection

**Airman Basic Brian A. Luther and Airman 1st Class Shanelle N. Salzano, both 325th Maintenance Squadron jet engine mechanics, perform a final inspection on a Pratt & Whitney F-100 jet engine after maintenance. The final inspection has to be completed before the engine can be issued back to the owning fighter squadron.**

# New DCA program promises quality products at lowest prices

**Bonnie Powell**

*Defense Commissary Agency*

**FORT LEE, Va. (AFPN)** — What's in a name? For some shoppers, everything. For others, price is the most important factor in their grocery-buying decisions. The Defense Commissary Agency "Best Value" Program will satisfy both types of shopper.

Kicking-off at Tyndall on July 1, the Best Value Program is designed to make the job of bargain hunting easier for military shoppers. "Best Value Item" signs at store entrances and on grocery shelves will assure shoppers they're getting a great price on a quality product.

"The Best Value Program identifies items that are the lowest price at the name-brand quality our

customers expect," said Gary Duell, DCA marketing business unit manager. The program responds to the many customers who've indicated that saving money is their No. 1 priority, he said.

Though not a money-back guarantee, the Best Value Program will help make commissary prices even more competitive, said Steve Paros, Tyndall DCA store administrator. "We will be surveying prices downtown and sending them up to the DCA, who will then send back better prices," Paros said.

Best value prices will also be better than premium-quality store brands sold at retail groceries, Duell said. Retail grocers often have "store" or

"private label" brands that vary in quality and price. Commissaries, by regulation, are only permitted to carry widely available "name brands," which might not be the least-expensive choice.

However, the new program won't apply to every size and type of grocery item carried by commissaries, Duell said. The number of signs displayed and pricing comparisons needed would be overwhelming for customers and employees. In addition, the item list may change frequently according to market conditions.

"The DCA has selected 145 best value items to

beat downtown prices with," Paros said. A customer who wants the rock-bottom price on a quality 30-count box of garbage bags can simply look for the "Best Value" sign. The price will be lower than the same size of any other brand in the commissary — or any other local grocery store, Duell said.

The Best Value Program is also meant to educate shoppers, Paros said. "One of the main goals in a program like this is to target young airmen and show them the cost benefit of shopping on base," Paros said.

"We're working hard to help our shoppers save money," Duell said. "We already average 27 percent savings overall, but we want even more for our customers. Surveys show that the commissary is ranked among the top two benefits, and the agency's job is to make that benefit even more valuable."

**"The Best Value Program identifies items that are the lowest price at the name-brand quality our customers expect."**

Gary Duell



# Less smoking cuts health care costs

**Army Staff Sgt. Kathleen T. Rhem**  
*American Forces Press Service*

WASHINGTON (AFPN) — Tobacco use in the Department of Defense has dropped significantly in the last two decades, generally mirroring civilian rates. But 30 percent of the active-duty force still smokes.

“Since 1995 there hasn’t been much change in that percentage,” said Lt. Col. Wayne Talcott, an Air Force psychologist who is also the DOD Alcohol Abuse and Tobacco Use Reduction Committee co-chairman. “We’d like to see a continued downward trend.”

He said the DOD hopes to meet the U.S. Department of Health and Human Services’ Healthy People 2010 goal of a 12 percent smoker rate.

At Tyndall we’ve got slightly higher than average tobacco use, said Capt. Vincent G. Williams 325th AeroMedical-Dental Squadron health-promotion flight commander.

“Thirty-one percent of our active-duty population smokes cigarettes or uses other tobacco products.”

The DOD spends \$930 million per year on health care for smoking-related illnesses and lost productivity in DOD beneficiaries, Talcott said. A recent study of just active-duty Air Force members below age 36 shows that the service spends \$107 million a year to treat smokers and for lost time due to smoke breaks. The study assumed “a conservative estimate” of three 10-minute smoke breaks a day.

“If you look at that in man-hour equivalents, that’s how much it would cost to employ 3,537 people for a year, about the number on an average-sized Air Force base,” Talcott said.

All four services prohibit smoking through-

out basic training, and Talcott believes that makes it an ideal time to quit for good.

“There are certain times people are more willing to make changes. For instance, women are more likely to quit smoking when they become pregnant,” he said. “We believe basic training is another one of those times — people have already said they’d wear different clothes, march in a line and do things they’ve never done before.” They are much more open to change.

To test this theory, the National Institutes of Health in Bethesda, Md., granted the University of Memphis \$3 million in the mid-1990s to survey the smoking habits of all 35,000 Air Force recruits in a year. All the trainees received a one-hour class on the benefits of not smoking. A year after basic, researchers polled 95 percent of the pretraining

smokers and 65 percent of the pretraining nonsmokers. Findings were mixed.

Officials learned that 17.7 percent of the smokers had quit for good. Unfortunately, Talcott said, 11 percent of the nonsmokers picked up the habit. “So we still have some work to do,” he said.

Talcott also said the committee, which is less than a year old, plans to take steps through both policy and programs to attempt to decrease the number of smokers in the DOD.

“Tobacco use is the single most preventable cause of premature death in the United States,” Talcott said. “That makes it a worthy thing for us to study.”

For years, Tyndall had a similar smoking cessation rate of 12 percent, but the recently activated “Quit Smart” program has shown a 52 percent success rate at the 90-day mark, Williams said. “This is an excellent program that has shown 50 percent success rates throughout 10 years of study. We’re very hopeful,” he said.

●**OTS from Page 1**

Program. We have had a total of 28 enlisted members who have been selected since January if you consider all the commissioning programs.”

There are more than 30 Air Force commissioning programs, according to Colvin. The top three enlisted to officer transitioning programs are the Air Force Academy Preparatory School, OTS Commissioning Program and the Reserve Officer Training Corps.

The OTS Commissioning Program can be a lot of hard work, but it is worth it, Kirkpatrick said. “First off the program is for enlisted people with a bachelor’s degree or higher, or within nine months of obtaining their bachelor’s degree. Applicants must also be under 34 years old, and have a minimum of one year in the Air Force.

“Then there is an extensive application process of about 15 forms

that need to be filled out,” Kirkpatrick said. “The whole process really starts with a counseling session, in which the education office, with the enlisted member, determines if OTS is the way to go. We then loan them the OTS application package, complete with sample filled out forms and references, and they go and start working on the applications.”

Taking the Air Force Officer Qualifying Test is one of the most important steps of the application process, Colvin said. “The AFOQT needs to be accomplished before the applications are finished,” he said. “The test can only be taken twice in a lifetime, unless a person gets special permission. The aver-

age passing score needed to be competitive is 50 percent or higher.”

The AFOQT requires a lot of attention and preparation from the applicants, Kirkpatrick said. “The AFOQT is one of the biggest hurdles for applicants because it’s so hard,” she said.

However, even though the test is hard, it is not a roadblock, Gordian said. “The test was hard, but a good score is attainable,” he said. “It’s one of those tests you want to study for but don’t stress yourself out about — just do your best.”

After an applicant completes their package, it is returned to the education center where it is reviewed and fine-tuned, Colvin said. From there it goes to the squadron commander

for recommendation before it can be submitted to a higher-level commander in the applicant’s chain-of-command for their recommendation. After all of the recommendations, it’s sent to the OTS, he said.

The whole process can take from two months to more than a year, Colvin said.

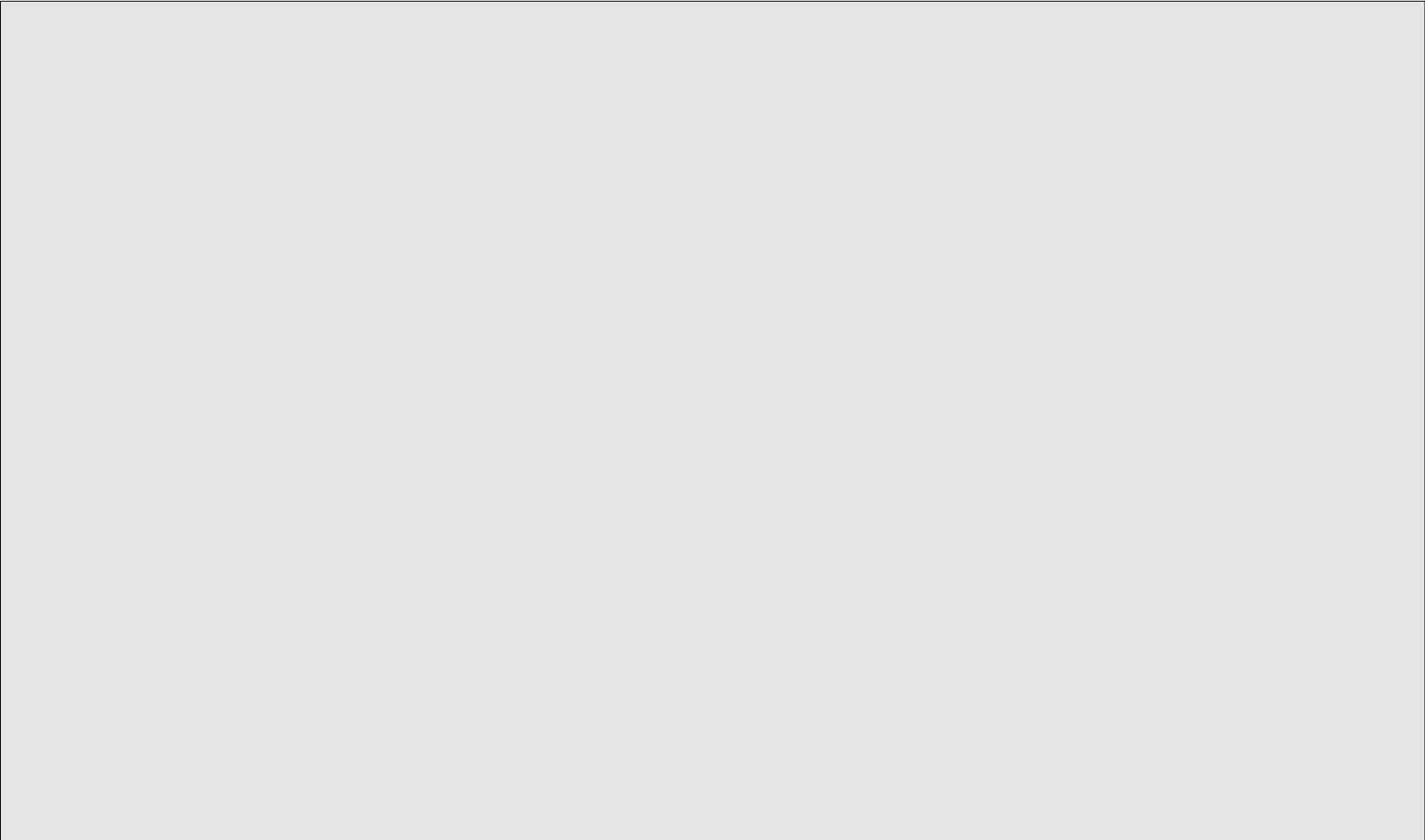
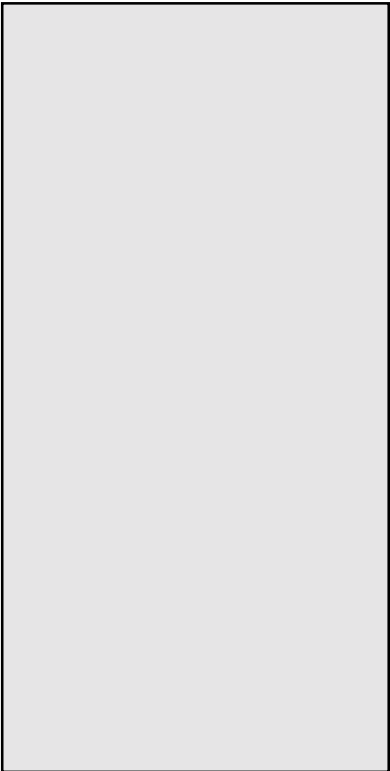
While preparing the package may sound a little challenging, it is well worth it, Woodman said. “I would definitely recommend doing this to other enlisted folks,” she said. “This is an excellent opportunity for advancing their careers. I have just one piece of advice. Once you set your eyes on getting a degree and becoming an officer, you need to stick with that goal — don’t get

sidetracked.”

Gordian agrees and has almost the same advice. “There are a lot of people in the Air Force I have talked to who said they thought about becoming an officer, or were planning on becoming an officer — I would just like to say, ‘Go out there and do it.’”

If you are enlisted and would like more information on becoming an officer in the Air Force, call the base education office, 283-4285, to schedule a counseling session.

If you are Air National Guard or Air Force Reserve enlisted, apply through the area recruiter located in Montgomery, Ala., (334) 416-4073.



# AF observes ‘Family Day’ July 3

WASHINGTON (AFPN) — The Air Force will go to minimum manning as its people observe Family Day July 3. Gen. Michael E. Ryan, Air Force chief of staff, directed the observance.

“In recognition of the high (operations tempo) by Air Force people around the world, we will observe a family day July 3,” the chief of staff said in a message sent to commanders in the field June 16.

The Air Force will go to minimum manning at all duty locations commensurate with security and military operations in forward theaters, the message states.

“All commanders will ensure they have minimum manning July 3,” Ryan said in the message. “The intent of this action is to give our people personal time away from their duty stations to spend with their families and friends.

“Commanders will arrange a suitable alternative family

day for those who must work on July 3,” the general added.

The message further states that commanders should follow all pass and leave guidance and are encouraged to allow liberal leave for civilian employees, in accordance with applicable civilian-leave instructions.

“Our total-force team has done a magnificent job of meeting a variety of taskings throughout the past year. You have much to be proud of as we celebrate the independence of our nation,”

“The intent of this action is to give our people personal time away from their duty stations to spend with their families and friends.”

Gen. Michael E. Ryan

Ryan noted in the message.

“Freedom is not free — it is made possible by the sacrifices of those who have served and continue to serve the United States of America,” he said.

“You have earned the gratitude and respect of your fellow Americans.”



Tech. Sgt. Sean E. Cobb

## Prevention checks

Robert D. Anderson, 325th Civil Engineer Squadron chief of fire prevention, checks unserviceable fire extinguishers before shipping them to a contractor to be refilled. All building custodians are required to check their units’ fire extinguishers monthly. Base housing residents are encouraged to do the same.



## TEAM TYNDALL PRIDE

LET'S KEEP OUR BASE CLEAN

Take pride in Team Tyndall and its beauty. Pick up trash if you see it, do a self-help project — we all reap the benefits of a clean environment.

# New dental plan expands services, includes reservists

Army Staff Sgt. Kathleen T. Rhem  
*American Forces Press Service*

**WASHINGTON (AFPN)** —The Department of Defense’s new TRICARE Dental Program will feature lower premiums, expanded services and cost ceilings and will allow reservists and their families to enroll.

The DOD awarded a \$1.8 billion, five-year contract in April to United Concordia Companies Inc. of Camp Hill, Pa., the current TRICARE Family Member Dental Plan administrator. Changes take effect Feb. 1, 2001.

“One of the most significant changes is that reserve-component members and their families will be eligible to enroll,” said Navy Capt. Lawrence D. McKinley, the TRICARE Management Activity’s senior consultant for dentistry.

During the first two years of the contract, premiums for active-duty family members will drop from the current levels. The \$8.53 single and \$21.33 family rates will drop to \$7.63 and \$19.08 respectively during the first year and remain below current levels even during the second year. Premiums for reservists on extended active duty and their families will mirror those of active-duty members. However, premiums for families of reservists not on active duty will be somewhat higher. After the first two years, premiums may rise, but “will remain very reasonable,” McKinley said.

Other improvements include:

- Enrollment “lock-in” period falls from 24 months to 12. That is, active-duty members must have 12 months left on their current term of service to enroll. Reservists must “express intent” to remain in the reserves for at least 12 consecutive months.
- United Concordia will take over enrollment responsibilities from the services’ personnel offices. This should improve customer service by allowing beneficiaries to deal directly with the contractor, McKinley said. Current enroll-

ees will automatically transfer to the new system.

- The annual maximum for general dentistry increases from \$1,000 to \$1,200, and the lifetime maximum for orthodontic care goes from \$1,200 to \$1,500.
- General anesthesia and intravenous sedation will be covered.
- Coverage of diagnostic and preventive services expands.

Most of the changes stem from customer feedback. “We’ve been listening to the beneficiaries, and we’ve incorporated as many of their suggestions as possible,” McKinley said. “We also listened to concerns from line commanders about dental readiness and the quality of life of their people.”

He also said DOD officials constantly monitor civilian insurance programs. The new TRICARE plan, he said, “easily matches most insurance programs of Fortune 500 companies and is better than many.”

Participation in the dental plan provides those individuals not able to use the military system a cost-effective and easily-accessible method of maintaining their oral health at an optimum level, said Lt. Col. John David Smith, 325th Aeromedical-Dental Squadron dental services director. “The Tyndall dental clinic’s primary mission is to treat the active-duty member,” he said. “The government shares in the cost of non-active duty dental care by paying a portion of the monthly premium. My own family has been using it on a regular basis, and I hope others will take advantage of this benefit also.”

McKinley stressed the program will evolve over the five years of the contract. TMA officials monitor civilian plans to pick up on trends and to look at things worth adopting. “Each option year, we will review what we have, and we will improve as we go along if costs will not be increased,” he added.

The DOD and United Concordia plan to conduct customer-satisfaction surveys monthly. For more information, beneficiaries can call United Concordia’s toll-free customer-service line, (800) 866-8499.

# Non-command sponsored dependents can now travel overseas via Space A

**SCOTT AIR FORCE BASE, ILL. (AFPN)** — Non-command sponsored dependents of active-duty members serving in unaccompanied overseas tours may now travel space available to and from the member’s location.

To use the space-A option, the active-duty member must obtain written approval from the installation commander concerned for the non-command sponsored dependent to travel. Dependents then must present a copy of this approval letter to the servicing air passenger terminal.

Sponsors must also ensure dependents have sufficient funds to pay for commercial transportation if space-A travel becomes unavail-

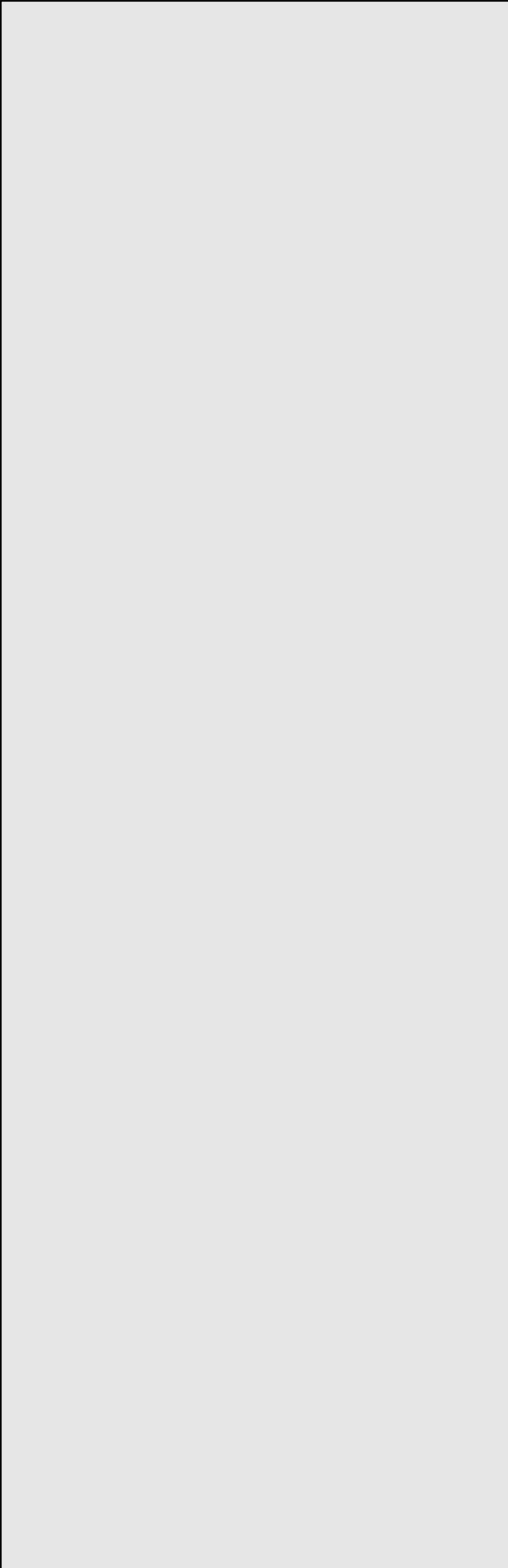
able. An eligible parent or guardian must accompany dependents under age 18.

Commanders in the Korean theater and at Diego Garcia will not offer this travel privilege in their area of responsibility. For more information, people can check with their local passenger service representatives.



## Tops in Blue are coming to town

The Air Force musical group *Tops in Blue* will be back 7:30 p.m. Tuesday at the Marina Civic Center. Tickets are available beginning 10 a.m. today at the Tyndall Community Activities Center and the Panama City Marina Civic Center box office.





# Viewpoint

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

## Safety stats

Category	'00	'99	Trend
On duty	0	0	0
Off duty	2	1	+1
Traffic	0	0	0
Sports	0	1	-1
Fatalities	0	0	0
DUIs	3	5	-2



## Commander's corner: Spend quality time during Family Day

**Brig. Gen. Walter E. Buchanan III**  
325th Fighter Wing  
commander

We just got some good news this week — the 3rd of July has been designated a “Family Day.” We will operate with minimum manning and a liberal-leave policy will be in effect for all civilian employees. Just as the name indicates, Family Day is intended to give Team Tyndall a chance to spend time with families and friends — a well-deserved reward for the great work you do. Please enjoy the time off as we celebrate the independence of our nation and never forget it’s a precious gift that YOU have helped make possible through your service and sacrifice. I hope you will also top-off Family Day by joining Sharon and I at Heritage Park for Heritage Day events beginning at 4:30 p.m. Our Services folks have a super event planned, and I know you and your family will have a great time.

A couple of other important notes for summer: Don’t forget Tops in Blue tickets go on sale 10 a.m. today in the community activities center and at the Marina Civic Center box office. The performance is 7:30 p.m. Tuesday

at the Civic Center, and you don’t want to miss it!

Although you have already seen signs of it, remember that construction on Highway 98 leading to the base is under way, so plan on some delays for the next several weeks. The Bay County Department of Transportation is doing everything they can to tailor the construction schedule to reduce delays by not allowing construction in eastbound lanes between 6:30-8:30 a.m. and 3:30-5:30 p.m. in westbound lanes. Even so, it would probably be a good idea to allow for an extra 15 minutes each way, keep a sense of humor with you and **DRIVE CAREFULLY!**

Last, I hope everyone is enjoying the beautiful weather. While it’s sunny and clear, it’s important to remember to make a conscious effort to stay hydrated, both at work and at play. Temperatures soar out on the flight line or at the beach on the weekends, and if you wait until you’re thirsty to drink, you’re already dehydrated. Look out for each other, remind folks to drink enough water and make sure lots of water is always available. Have a great Air Force week.

## Consider your AF benefits before getting out of the service

**Master Sgt. Rico Ruiz**  
325th Security Forces Squadron  
first sergeant

We have all heard it — retention is at an all-time low. Thanks to a booming economy, many first- and second-term airmen are choosing to leave the Air Force for civilian jobs that offer higher salaries. Initially, that higher paying job may sound very tempting until you really sit down and compare dollars and benefits. But, before deciding to leave the Air Force for more money elsewhere, consider the value of some of these important benefits.

●**Education:** The Air Force will pay 75 percent of your tuition up to \$250 per semester hour in off-duty courses with accredited schools. You can also take CLEP and DANTES tests that could result in receiving college credit.

●**Promotion opportunity:** Our system is fair and impartial and provides equal-selection opportuni-

ties. This cannot be said of many civilian companies.

●**Career-broadening opportunities:** The Air Force offers many opportunities like special duty assignments, retraining, overseas duty and contingency temporary assignments.

●**Leave:** Air Force members accumulate two and one-half days leave per month (30 days paid vacation a year) which can be carried forward (maximum of 60 days) into the next fiscal year. Most companies will not even offer you two weeks of paid vacation until you have been with them for at least a year.

●**Medical and dental:** Medical and dental care is provided at no charge for active-duty members. Full medical and dental benefits are provided to dependents and retirees at minimal cost through the TRICARE managed-care plan. Space-available care remains free of charge for all

beneficiaries.

●**Tax advantage:** Certain military allowances are not taxed. These include Basic Allowance for Subsistence, Basic Allowance for Housing, Overseas Housing Allowance, Cost-of-Living Allowance and Family Separation Allowance.

●**Retirement:** Individuals are retirement-eligible upon completing 20 years of service. Compensation begins with 40 percent pay for life plus cost-of-living adjustments. And

now, a lot of people are eligible to either increase their retirement pay to 50 percent or take a \$30,000 lump-sum option. How many civilian companies can offer you a comparable retirement package after 20 years?

●**Legal assistance:** The base legal office offers free assistance with preparing wills and powers of attorney and can provide advice on domestic-relations problems, contracts, civil

rights and tax problems.

●**Family support centers:** Many services are offered by this support agency. The family-services program offers a loan locker that includes pots, pans, cribs and other household items. The family life program offers classes in parenting, couples’ communication, stress management and some limited counseling. The family-readiness program has a support group for family members whose spouses are TDY. They also offer assistance through Air Force Aid and Personal Financial Management programs.

What company will offer you all this, plus more, for free.

As you can see, the Air Force has many benefits, both tangible and intangible, and there are many more available for both you and your family members. The value of your military benefits has a definite “cash” value that should be carefully weighed in any decision you make. Stay in the Air Force and reap the benefits of a rewarding career.

## Action Line



Lisa Carroll

**Brig. Gen. Buck Buchanan, 325th Fighter Wing commander, thanks Lockheed Martin aircraft painters from left to right, Paul Salczenko, Roger Fugere, Jorge Higuera and Tyrell Wilson, for all of their hard work repainting the static display aircraft at Maxwell Flag Park.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. Walter E. Buchanan III**  
325th Fighter Wing  
commander



# Gift giving: Know the difference between a friendly gift and an ethics violation

**1st Lt. Miranda Turner**  
*325th Fighter Wing  
legal office*

Summer is here, and with it come changes of command and other personnel moves. It is a time when going-away parties and other events often entail gift giving between Air Force members. Although it is important to show appreciation to co-workers, military members should also remember that they must adhere to certain ethical rules when giving gifts.

- There are three general rules governing gifts between Air Force members. They are:
- Military members may not give a gift to someone who outranks them. In addition, solicitation of a gift or donation from a co-worker to a supervisor is prohibited.
  - Military members may not accept gifts from any other federal employee who earns less than they do. Exceptions to this rule are if there is no supervisory relationship between the two people and the gift

is based strictly upon a personal relationship.

- Military members may never use coercion to encourage someone to give or to accept a gift. Although these rules do not prohibit higher-ranking individuals from giving gifts to people they outrank, giving gifts to subordinates that could be interpreted as preferential treatment or favoritism toward anyone should be avoided. Additionally, military members should avoid giving gifts to subordinates when it could create the appearance of an unprofessional relationship.

These general rules do have exceptions that allow for gifts to be exchanged among Air Force personnel. The first exception is for gifts of little value. This allows members to exchange gifts of less than \$10 with co-workers. Food brought to the office to share and personal hospitality provided at a person's residence are also permitted under this exception.

The second exception permits members to give gifts on special, infrequent occasions of personal significance to the recipient of the gift, or occasions which terminate the supervisor-subordinate relationship between the gift-giver and the gift recipient. Examples of these types of occasions are marriages, serious illnesses, baby showers, retirements and permanent change of station moves. This exception does not permit members to give gifts for promotions within the same organization or recurring occasions such as Christmas or birthdays.

Additionally, if any member of the group giving a gift under this exception is a subordinate of the recipient of the gift, the total value of the gift cannot exceed \$300. If anyone donates to more than one gift fund for the same higher-ranking person for the same occasion, the value of all the gifts to which they contributed must be aggregated and the total value may not exceed \$300.

For example, your office may want to hold a baby shower for a staff sergeant in the office. Everyone in the office, no matter what their rank, can contribute to or purchase a gift for the shower if they want because the gift is being given due to a special, infrequent occasion. However, if the office is buying a group gift and one of the people who contributes to the gift fund is an airman, the total value of the gift cannot be greater than \$300. Additionally, if the airman is also a member of the same softball team as the staff sergeant and the softball team also wants to give a shower gift, the value of the office gift and the softball team's gift, combined, cannot exceed \$300.

The value of a gift may exceed \$300 only if it is given on a special, infrequent occasion that terminates that subordinate-superior relationship (such as a retirement, permanent transfer, or resignation), is appropriate for the occasion and is uniquely linked to the departing member's position or

tour of duty and commemorates the same.

Air Force members may solicit voluntary contributions of \$10 or less for a gift being given for a special, infrequent occasion, plus an additional amount for refreshments or entertainment at an accompanying celebration of the occasion. Donations must be completely voluntary, in an amount to be determined by the donating employee. Military rank may not be used to encourage donations. In addition, donating groups may not maintain lists of contributors because this creates an appearance of inappropriate pressure to donate.

Following these rules will allow you to show your appreciation and support for your co-workers and supervisors without creating the appearance of impropriety. For more information about these rules or the appropriateness of a specific gift between Air Force members, please call the legal office, 283-4681.

# Officer, enlisted evaluation instructions combine

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — When Air Force Instruction 36-2406 hits the streets July 1, it will provide the field with one user-friendly guide for both officer and enlisted evaluations.

“Why combine the two AFIs? It's easy — it's ‘one stop shopping’ for our customers in the field,” said Maj. Les Hargett, Officer Evaluation Board section chief. “We haven't changed any of the policies or the key fundamentals of OES or EES; the Air Staff and Air Force Personnel Center have merely updated our instructions and clarified many gray

areas. Because so many of the OES and EES rules, terms and procedures are the same, it made sense to combine the two AFIs.”

The new AFI outlines specific responsibilities for military personnel flights and commander's support staffs that will assist them in reviewing evaluation reports.

AFPC officials have also incorporated computer-based training in the new 149-page instruction. “Our

new computer-based training is geared to get MPFs and CSS members ready for the transition to the new AFI — a sort of pre-game warm up,” Hargett said. “We pooled folks from a MPF, a major command and AFPC field activities to help us test the program. It's informative and keeps the interest of the user. There's also a quiz at the end, which evaluates the user's knowledge of the subject.”

Evaluation experts are encouraged to check out the training before July 1 when the new instruction is launched. The new computer-based training is currently available at:[www.afpc.randolph.af.mil/evaluations](http://www.afpc.randolph.af.mil/evaluations). Officials also included an icon for “what's changed” to make it easier to track old versus new AFI rules.

The AFI itself is also available to military personnel in the “Upcoming” section of the Air Force Publications web site at: [www.afpubs.hq.af.mil](http://www.afpubs.hq.af.mil).

Military members wanting more information about the new AFI should ask their unit orderly room.

**“Because so many of the OES and EES rules, terms and procedures are the same, it made sense to combine the two AFIs.”**  
Maj. Les Hargett



# Most service members will see pay hikes in July

**Jim Garamone**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — Most service members will see their pay increase in July as a result of the final leg of the compensation triad passed by Congress last year.

Pay-table reform goes into effect in July with about 75 percent of service members receiving raises of one-half percent to 5.5 percent, said Navy Capt. Elliott Bloxom, Department of Defense compensation director. The other two legs of the triad the DOD pushed last year were the overall 4.8 percent raise in January and retirement reform.

The increase in July is in addition to the January raise. “This is a permanent adjustment or correction to the pay table to reward performance over longevity,” Bloxom said. “This restores some of the balance the pay table has lost over the last 50 years.” He said the reform has two other effects: every promotion will be worth more in terms of absolute dollars, and the table still provides meaningful longevity raises.

The percentage hike that people see in July varies depending on where and how much the pay table was out of adjustment, Bloxom said. Members will see changes if the table was out of whack or none if the table was about right — E-2 rates, for instance, don’t change July 1, he said.

“The E-2 pay raise has historically been more than the E-3 or E-4 pay raise in terms of dollar values,” Bloxom said. “We put a lot of money into the E-3 and E-4, such

that, with that promotion it brings more than the E-2.”

Regardless how much their pay increases July 1, all service members will benefit from the reform as they continue to serve and are promoted. “That’s why I call it an adjustment,” Bloxom said. “People will still get the this raise one, two, three or four years from now.”

The officer pay table will receive a bigger boost than the enlisted table because, Bloxom said, it was more out of whack. “We only get the officer pay table back to about 53 percent of a person’s increases in pay due to promotion and 47 percent due to longevity,” he said.

But, he said, overall more money went into the enlisted pay table. “So over the course of time, enlisted members will receive more successive pay raises as a result of pay-table reform,” he said.

The 9th Quadrennial Review of Military Compensation is now under way, and the panel is looking at the enlisted pay table, Bloxom said. Congress is also looking at pinpointed raises for mid-level NCOs.

“The 9th QRMC is looking at enlisted pay issues across the board from entry pay through the balance that’s struck between senior-level NCO pay versus officer pay — levels of responsibility, degrees of education,” he said. He said he hopes that when the panel finishes, the DOD will see some concrete recommendations for what to do with enlisted pay.



Staff Sgt. Mona Ferrell

## Neighborhood walk

Tayla Finco, daughter of Staff Sgt. Paul Finco, 325th Communications Squadron maintenance support evaluator, left, walks her dog with her brother Christopher and friend Jackie Cameron, daughter of Tech. Sgt. Jack Cameron, 16th Electronic Warfare Squadron airborne threat system production supervisor. School is out for the summer, base officials advise Team Tyndall members to be extra cautious of children in base-housing areas.



**Take time  
with your  
kids  
Read to them  
learn together**

A wealth of knowledge  
can be found inside the  
cover of a book. Take  
time to read, listen and  
learn with your children  
now — they’ll thank you  
for it in the future.



**American Heart  
Association**  
WE'RE FIGHTING FOR  
YOUR LIFE

# Features

# Drive rock: Tyndall's own Biscuits N' Groovy brings homegrown rock and roll to Heritage Day

**Staff Sgt. Mona Ferrell**  
*325th Fighter Wing  
public affairs*

They're ground thumping, blood pumping and heart pounding — torque wrenches and screw drivers may be their tools of choice during the day, but off-duty they 'jam' to the beat of a different drummer — they are "Biscuits N' Groovy."

With a sound all of their own, four Team Tyndall members will be taking center stage July 3 for their band's top-billing performance at Tyndall's Heritage Day festivities. "We've created a new sound that Team Tyndall's sure to enjoy," said Senior Airman Guy Walker, 2nd Fighter Squadron crew chief and Biscuits N' Groovy guitar player. "We call it drive rock — it's not thrash or heavy-metal music, it's classic rock with our own original beat added in. It's a fresh sound that just kind of hits you."

It's this type of originality that got the band together in the first place. "We were all friends even before we decided to form a band," said Senior Airman Paul Howells, 2nd FS supply management specialist and the band's lead guitarist. "At first we were just getting together on the weekends and jamming on the acoustics. Next thing we knew, the chemistry of the band was just there — we started playing songs and liked how we were sounding."

Although Biscuits N' Groovy has been around for just one year, the band's unique sound isn't new to Team Tyndall. Their first gig, in September 1999, was at the Tyndall Community Activities Center during open-mike night. "Open-mike night allowed us to get our feet wet," said Staff Sgt. Dave Delmar, 82nd Aerial Target Squadron fabrication technician and the band's drummer. "We're still in the young stages of playing live as a band. We've had about 10 gigs so far, but playing at the CAC and other events on base has allowed us a chance to grow, write some of our own songs and even get a bit of a following."

"It's really satisfying when we play an original song for people and they enjoy it," said Delmar, who's been playing the drums for 23 years. "It's gotten to the point now that our original songs are the most requested — we get a big kick out of that."

It's this satisfaction that keeps the group going, said Senior Airman Paul



Photos by Staff Sgt. Mona Ferrell

White, 2nd FS crew chief and the band's bass guitarist. "We don't really have a leader, we all have our own contributions to the band," he said. "One of us will start a song and we'll all just build upon it. It's an incredible feeling when I can make up a melody on my guitar, play it for Dave and the next thing you know we've created a song. I can sit around all day and play guitar by myself, but when I get together with the band — wow — there's a lot more energy."

The creative drive to writing their own music is a great feeling, Howell agreed. "We all get excited when a song we've written from scratch starts sounding

good," he said. "If it does something to us, we know it's going to move other people. It's just an incredible rush — getting on stage, doing something we love and seeing the audience get into the music too."

However, although the band members have a great time playing together, they also take 'jammin' seriously. "Right now, Heritage Day is our main focus," White said. "We've been practicing a lot and we plan on going all out — it's going to be a great time."

*(Editor's note: Biscuits N' Groovy will perform 8 p.m. July 3 on the Heritage Day main stage.)*



Top: from left to right, Senior Airman Guy Walker, 2nd Fighter Squadron crew chief, Staff Sgt. Dave Delmar, 82nd Aerial Target Squadron fabrication technician, Senior Airman Paul Howells, 2nd FS supply management specialist and Senior Airman Paul White, 2nd FS crew chief, 'jam' during a practice session. Middle: Delmar, left, and White load equipment in to a vehicle for transport to a 'gig.' Bottom: Howells, left, and Walker get in tune.



# When it comes to the art of working with wood, this man can show you... The timeless beauty of woodcrafting

**Tech. Sgt. Sean E. Cobb**  
325th Fighter Wing  
public affairs

After 24 years of working with wood, from framing houses to finish work on cabinets, not many people on base know more about woodcraft than the master carpenter at Tyndall's Skills Development Center.

Gregory T. Guidry, 325th Services Squadron skills development center woodcrafter, has been working with wood for most of his life. He enjoys making things with wood and teaching others how to do the same. "I like working with wood and showing other people how to work with the tools of the trade and special techniques," Guidry said. "It makes me feel good to be able to help other people do something that I enjoy so much.

"I also like doing it because the money is good," he says with a laugh. "But really, I do like woodworking, and I especially enjoy teaching people how to make cabinets. People seem to think that there is a mystery to making cabinets and that it's hard, but it's really just about following the proper sequences."

There's also another reason cabinets are special to Guidry. "I like making cabinets because there are so many different things you can do with them," he said. "It's not like shadow boxes or plaques where you are basically doing the same things, you can apply all different kinds of designs and techniques. It all depends on what a person wants to do."

Teaching people how to use the woodworking equipment and assisting them with projects is a big part of Guidry's job. "When someone comes into the shop for the first time, they have to get checked out on the equipment they will use," Guidry said. "So first I show them a 30-minute safety film and then have them complete an AF Form 1451, *Air Force Arts and Craft Equipment Qualification Card*. On the back of the card all the woodworking equipment is listed, and I certify them to use each piece of equipment." The charge for the card is \$6.

He also likes to teach people a few procedures that will help them with their projects. "After I show them how to operate the equipment safely, I like to teach them some techniques that I've learned

over the years," he said. "These techniques can be used on different projects and equipment and will help them to have an overall better finished project."

When it comes to teaching people, Guidry is good at it, said Bonnie K. Omelia, 325th SVS skills development center director. "Greg is great at teaching people how to work with wood," Omelia said. "People that are just learning always come back to learn more from and work with him. He gets them to the point where they need very little assistance after his instruction."

Once a person is checked out on the equipment, the first day in the shop is free. After that there is a charge of \$2 an hour, \$10 a day or \$40 a month. Guidry is available during all working hours of the shop to help customers. "I am here to instruct and assist, and I will be happy to help out wherever I can," he said.

Besides working with people at the wood shop, Guidry works on many projects himself. "I always have some project someone on base has commissioned me to do," he said. "I just finished a podium for the 1st Fighter Squadron and two large recognition boards for the (325th) Support Group." Some of the other projects he has worked on include service counters, cabinets, shadow boxes, plaques, computer desks and numerous other special-interest items. "If it is made out of wood, I have probably worked on it at one time or another. I just like to do a little bit of everything — from big projects like houses, to detail work, I like to do it all," he said.

In making these items, Guidry always goes the extra mile, Omelia said. "Greg has exceptional woodworking capabilities," she said. "Whatever the customer wants he does, he even puts on extra finishing touches that make it special."

Woodworking isn't all Guidry does though. He enjoys spending time with his family and being in the local area. "My family is from around here and my wife is from Panama City," he said. "My two sons Joshua and Matthew were born here — this is home for me."

So if you would like to learn woodworking from a capable and nice guy, give the skills development center a call, Omelia said. "All of us in the shop just love him (Guidry)," she said. "He is remarkably capable and just an all around nice guy."

To find out more about woodworking, call the skills development center, 283-4511.



Photos by Tech. Sgt. Sean E. Cobb

**Gregory T. Guidry, 325th Services Squadron woodcrafter, makes a cut with a 16-inch radial arm saw. People using the base wood shop facility must be checked out on the woodworking equipment prior to use.**



**Shadow boxes are one of the projects Guidry works on at the wood shop. Here he applies stain as a finish.**

# Always have a ‘plan B’

## Tyndall master sergeant tells his story of getting out of the Air Force

**Master Sgt. Michael Hill**  
*325th Maintenance Squadron engine flight chief*

In April of 1979 I was 18, and two months away from my graduation from high school. I continually thought about what to do and where I was going in life. I was working two jobs, one at a retail store and one in the family business of home improvement. Both jobs were unsatisfying and had no future.

I paid a visit to my high school career counselor and asked what paid well, took little or no schooling and was a good career job to have in my home state of Connecticut. Jet engines, yeah, that’s the ticket! The state’s largest employer was and still is United Technologies, which owns Pratt & Whitney Aircraft, the leading manufacturer of jet engines.

My next question, where do I get the training? Wanting to make “Dad” proud, I decided I’d join the Navy and hold up the family tradition. A Navy recruiter came to the house and told me I was guaranteed training as a jet engine mechanic — I was ready to sign. But, as I lifted the pen to begin the myriad of paperwork, the phone rang. It was the Air Force.

I considered both offers and decided the Air Force was the way to go, after all, it was a “Great Way of Life” according to the recruiting commercials of the period. In October 1979, I began my “training” to accommodate my life plan.

The way I figured it, four years in the military was a small price to pay for getting the training I needed to get employment back home. And besides, it was the Air Force, how hard could that be? For three years I worked and trained on the F100-PW-100 turbofan engine; manufactured by Pratt & Whitney. I figured I was set for life.

I admit I didn’t do as well as most of my peers, because I

felt this was just a stepping stone, not a career. In May of 1983, I was a senior airman and was offered a “early-out” due to cutbacks in the military. I readily took it. After all, I had gotten what I wanted from the military — training.

I returned home to Connecticut, with what I admit was a chip on my shoulder. How could they not hire me? I had the “experience”. Well, it was 1983, and the leading manufacturer had also “cut-back” its force and was in the middle of a hiring freeze. Now what?

I took a job as a field-service representative for an office equipment firm; i.e., I was the copier guy! I traveled all over the New England countryside, made a lot of money, but still, something was missing. How could I not be happy?

However, when I left the Air Force in 1983, I did a very smart thing. I kept a foot in the door by joining the Air Force Reserve. A few weekends, a summer trip to Panama — it was a great way to keep the “blue” in my blood, and gave me the ‘Plan B’ I needed.

In November of 1984, I had a service call for a copier repair. I took the repair slip and headed off to the address indicated. I arrived at the service-call address, which happened to be an Air Force recruiting office. As I went about my business repairing the copier, the recruiter received a call. “jet engine mechanics”, “prior service”, “Nellis” were the words he spoke. As he hung up the phone, I inquired as to the conversation’s complete content.

Seems there was a desperate need for my prior service skill at Nellis AFB, Nevada. I readily raised my hand not even hesitating, and by Thanksgiving, I was at Nellis. Its now 16 years later, and I know I made the right choice.

To try and sum this up, I can only offer these few words. First, no matter what, when you leave the Air Force, you’ll miss the Air Force. I have no idea why, it just happens. Second, I had always felt money was the driver for anyone to leave the service, but it’s not. If you leave because of pay concerns, then you shouldn’t have joined to begin with. Third, the sense of purpose, belonging and service are the textbook answers to why we are here, and why many remain here. I agree with that answer. Oh, and always have a ‘plan B’.

# 19 Team Tyndall members score high, make 90’s club

*Courtesy of the Base Enlisted Specialty Training Office*

Nearly every enlisted Air Force specialty has a career-development course that is used to enhance a member’s knowledge of their particular career field. In addition to on-the-job training and time-in-grade requirements, a member’s completion of their CDCs is a requirement for upgrade training.

The following people who tested during the January through March 2000 time period not only met the minimum

score of 65 percent, they surpassed it, scoring 90 percent or above.

**325th Civil Engineer Squadron**  
Airman 1st Class Donnie G. Bryant  
Airman 1st Class David J. Hernandez

**325th Medical Group**  
Airman 1st Class Darcia E. Evans  
Airman 1st Class Ashley S. Hammonds

**325th Security Forces Squadron**  
Airman 1st Class Brent E. Minton  
Airman 1st Class George W. Wilson

**325th Training Squadron**  
Airman 1st Class Michelle I. Nash

**325th Services Squadron**  
Airman Paulo J. Hong

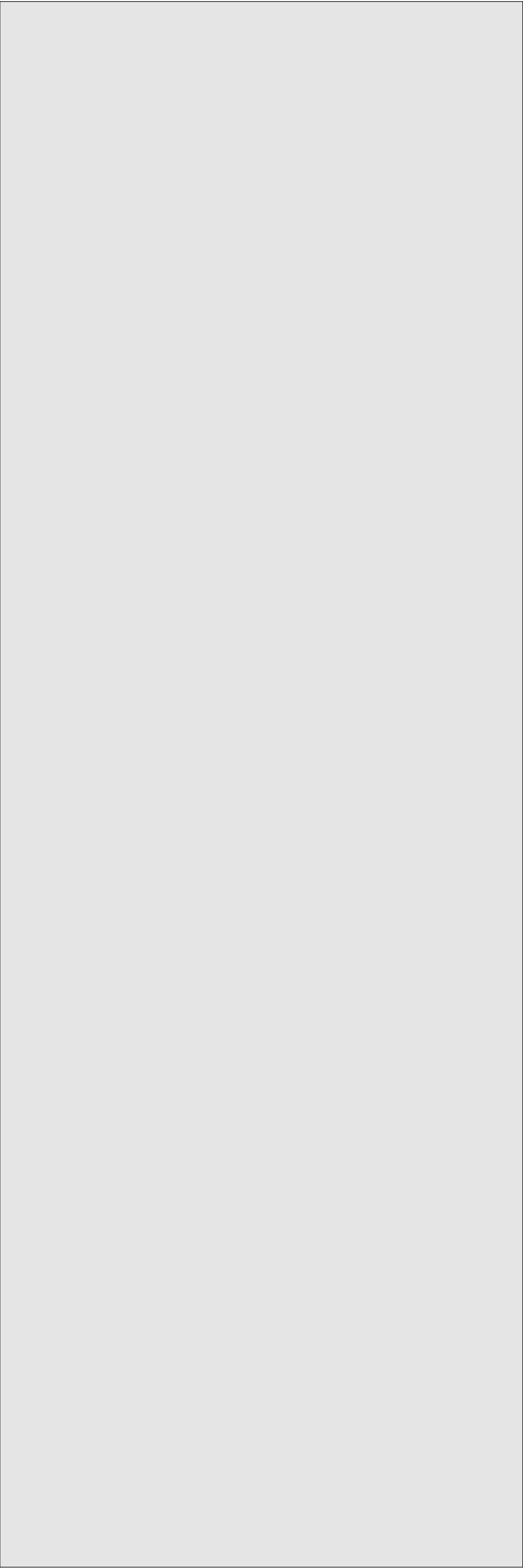
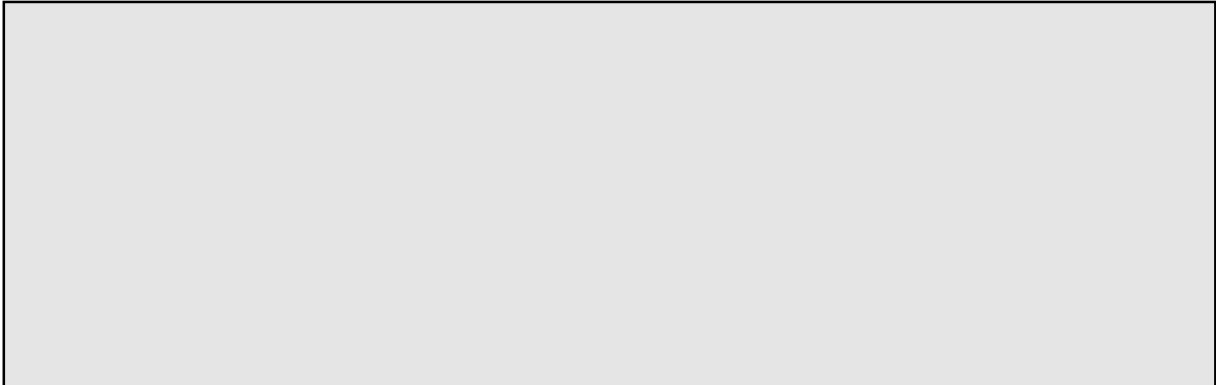
Airman Leonardo E. Navarrete  
Staff Sgt. William H. Walker

**325th Maintenance Squadron**  
Airman Joel A. Welch  
Airman 1st Class Leeann E. Muse  
Airman 1st Class Nichole L. Byrd  
Staff Sgt. David L. Jenkins  
Airman Phillip A. Riggs  
Senior Airman Wade J. Harper

**85th Test Squadron**  
Staff Sgt. Kyle S. Rice

**325th Mission Support Squadron**  
Tech. Sgt. Douglas L. Easterling

**2nd Fighter Squadron**  
Airman 1st Class Jody B. Stroud





# Voting deadlines are sooner than you think

Army Staff Sgt. Kathleen T. Rhem  
*American Forces Press Service*

WASHINGTON (AFPN) — Nov. 7, Election Day, is less than five months away. That may seem like a long time, but voting officials recommend absentee voters request ballots 45 days in advance, even further in advance if they haven't yet registered to vote in their home district.

Officials with the Federal Voting Assistance Program have put a tremendous amount of information about absentee voting on the Internet.

Some specific links military voters may find helpful are listed below.

**How To Do It: Vote Absentee!**

This page consists of an electronic version of the useful pamphlet "How To Do It — Vote Absentee." The pamphlet answers such questions as: Can I vote absentee? How do I apply for an absentee ballot? When is the best time to apply? The pamphlet is also available through unit and

installation voting-assistance offices. You can view the pamphlet online at: [fvap.ncr.gov/publications/howtoinfo](http://fvap.ncr.gov/publications/howtoinfo).

**Online version of the Federal Post Card Application**

This recent addition to the site was added to make voting easier for those without immediate access to a voting-assistance office. The only down side to using this version is individuals must pay their own postage. The printed, card-stock version can be sent postage-free. You can access the web site at: [fvap.ncr.gov/othertools/onlinefpca](http://fvap.ncr.gov/othertools/onlinefpca).

**Toll-free voting assistance numbers in foreign countries**

This page includes toll-free phone numbers to the Federal Voting Assistance Program from nearly 60 different countries. Department of Defense voters can also transfer to the DOD Voting Information Center, which, in turn, can transfer individuals to the office of their elected officials in the United States Congress and their state governors and chief election officials. The site is available at: [fvap.ncr.gov/tollfree2000](http://fvap.ncr.gov/tollfree2000).



**All you can eat  
pizza buffet  
Sports Page  
Pizza Pub**

**10:30 a.m.-1 p.m.  
Monday and Thursday**

## Tyndall's chapel schedule

<b>Protestant</b>	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m.	Mass: 5 p.m. Saturday,
Chapel 1	Chapel 2
General Protestant Service:	Mass: 9:30 a.m. Sunday,
11:00 a.m. Chapel 2	Chapel 2
Sunday school: in recess for the summer	Religious education: in recess for the summer
Kids' Club: in recess for the summer	Chapel 1: 283-2691
<b>Catholic</b>	Chapel 2: 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	Spiritual Maintenance: 283-2367
	<b>Other faith groups:</b> Call 283-2925

## Spotlight



2nd Lt. Michael J. Adams

### Airman 1st Class Dowright Rogers Jr.

**Squadron:** 325th Fighter Wing

**Job title:** Emergency action controller

**Years at Tyndall:** One and one-half years

**Years in Air Force:** Two years

**Hometown:** Brooklyn, N.Y.

**Why did you join the Air Force:** I wanted to travel and see the world.

**Most exciting facet of your job:** Seeing and knowing first-hand, how the wing commander makes his decisions during emergencies and exercises.

**Short term goals:** To successfully complete my temporary duty assignment to Saudi Arabia.

**Long term goals:** To receive my degree in the paralegal career field.

**Favorite book:** "Interview with a Vampire"

**Favorite movie:** "Insider"

**Hobbies and off-duty activities:** Running, weightlifting and hanging out with my friends.



**Bowl a few frames  
at Raptor Lanes**

### Hours of operation

Monday-Wednesday: 10 a.m.-10 p.m.  
Thursday: 9 a.m.-midnight  
Friday: 10 a.m.-2 a.m.  
Saturday: 9 a.m.-2 a.m.  
Sunday: 1-8 p.m.

Your link  
to what's going on



JUNE

FRI 23

Savings bond campaign

The annual Air Force Savings Bond Campaign continues through June 30. Both Series EE and Series I United States Savings Bonds will be sold through the payroll deduction plan for current military and civilian participants. For more information, call Maj. Patricia Caple, 283-7224.

AFROTC schedule

The Air Force Reserve Officer Training Corps' first encampment has arrived at Tyndall and will remain here until July 5. The second encampment will arrive July 6 and remain until Aug. 11. The cadet dining hours at Tyndall's Berg Liles dining facility will be: breakfast, 6-7:12 a.m.; lunch, 11:20 a.m.-12:52 p.m.; and dinner, 4:20-5:32 p.m.

'Best Beginnings' class

A 'Best Beginnings' class for expectant parents is 9 a.m.-noon today in the family support center classroom. Topics will include common pregnancy discomforts, finances, couples' communication and baby safety. The Air Force Aid Society will provide a layette to each participating family. For more information and registration, call the family support center, 283-4204.

THU 29

Change of command

A change of command ceremony for Tyndall's 325th Logistics Support Squadron will be 9 a.m. Thursday in the Tyndall Officers' Club. Maj. David B. Coomer will turn over command to Maj. Montgomery C. Deihl. For more information, call Chief Master Sgt. Frank Palmasani, 283-3080.

FRI 30

Change of command

A change of command ceremony for Tyndall's 325th Maintenance Squadron will be 3 p.m. June 30 in the Tyndall Officers' Club Bayview Room. Lt. Col. Robert A. Sanford will relinquish command to Maj. David B. Coomer. A reception will follow in the "Jake Pit" in Building 580. Uniform is 'uniform of the day' with sleeves rolled up for military members. All of Team Tyndall is invited. For more information, call Capt. James Clavenna, 283-4520.

JULY

MON 3

Commissary holiday hours

The commissary will be open 9 a.m.-6 p.m. July 3. It will be closed July 4 for the 4th of July holiday and will reopen 9 a.m. July 5.

Heritage Day

Tyndall will celebrate Independence Day with a Heritage Day celebration July 3 at Heritage Park. Gates will be open to the public 4-11 p.m. Admission and parking are free. There will be food booths, children's activities, clowns, bands and a magician. Fireworks will start at approximately

9 p.m. Six musical groups are booked to play throughout the evening. For more information, call 283-8575 or 283-2495.

TUE 4

Fantasy career contest

The Department of Defense and Yahoo! Inc. are offering entrants in the Yahoo! Careers "Fantasy Career in Today's Military" contest a chance to spend up to five days in one of the military services. The Air Force is offering entrants 18 years or older a chance to shadow an F-15 fighter pilot, fly in an F-15, meet a jet maintenance team and train in aircraft armament. Applicants can complete an entry form and submit an essay and resume by July 4 online at the Yahoo! Careers home page at: [www.careers.yahoo.com](http://www.careers.yahoo.com).

WED 5

Parenthood-preparation course

A four-session parenthood-preparation course will be 3-5 p.m. July 5, 12, 19 and July 26 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

NOTES

Minnesota Air National Guard openings

Immediate part-time Minnesota Air National Guard positions are available with the 148th Fighter Wing, Duluth, Minn., for those wanting to use the 'Palace Chase' and 'Palace Front' programs. For more information, call the Duluth recruiter, DSN 825-7244, (800) 831-7027 or fax: DSN 825-7532. You may also call the military personnel flight customer service office, 283-3198.

Red Cross workers needed

The American Red Cross has an immediate need for Armed Forces Emergency Services on-call case workers. Volunteers will be trained to take and initiate emergency notification calls between military personnel and their families. Volunteers may be active duty, retired or former active-duty military, active or retired civil service or family members of military or civil service members. Anyone interested can apply at the Central Panhandle Chapter of the American Red Cross at 430 E. 15th St. For more information, call the Red Cross, 763-6587.

Cable installation

General Dynamics is installing a fiber-optic cable and manhole system along Suwannee Avenue and Mississippi Avenue. Conduit will also be added by the motor pool and by Building 1120. There should not be any significant traffic or parking inconveniences. For more information, call Master Sgt. Bobby Acker, 283-3214.

Financial fitness program

Self-paced, interactive-compact disc personal finance lessons are available at the family support center computer resource center. Topics include budgeting, credit management, insurance, savings, investing, relocation and more. For computer time reservations, call the family support center, 283-4204.

Firing range restrictions

The 325th Security Squadron's combat arms section cautions all to stay clear of the land adjacent to the firing range. Trespassing is illegal and dangerous. The red range flag will be flying during day firing, and the red beacon will be flashing during

RETIREE NEWS

Keep retired pay records current

It is important to keep your retired pay records current. All too often, survivors are denied Survivor Benefit Plan benefits because the retiree failed to update pay records when the retiree married, divorced, remarried or was widowed.

If spouse coverage is elected and the spouse is lost through death or divorce, the cost of SBP is suspended when the retiree notifies the Defense Finance and Accounting Service. If the retiree then remarries and has not converted to former spouse coverage, options are available which must be declared in writing within one year of the marriage. Failure to do so causes unexpected asset distribution, which does not necessarily reflect the desires of the retiree.

There are cases in which spouses did not receive retired pay for the portion of the last month the retiree was alive because the money went to someone else whom the retiree had elected upon retirement. There are also cases in which former spouses lost SBP because DFAS was not notified within a year of the divorce that SBP was a part of the divorce settlement.

To ensure your spouse or former spouse is prepared, make sure your records are current, keep a file of information that will be needed when you die and make sure your spouse knows where it is.

YARD SALES

The following yard sales are scheduled for Saturday: 2865-A Sabre Drive, 3464-A Hackney Court and 3408-A Smith St. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

**Today:** "Battlefield Earth" (PG-13, intense science-fiction action, 117 min.)  
**Saturday:** "Where the Heart Is" (PG-13, tense thematic material, language and sexual content, 120 min.)  
**Sunday:** "Where the Heart Is"  
**Thursday:** "Held Up" (PG-13, language, violence and sensuality, 91 min.)

BERG LILES DINING FACILITY

**Today**  
Lunch: meatloaf, pasta primavera  
Dinner: stir-fry beef with broccoli, french-fried fish  
  
**Saturday**  
Lunch: baked ham, Cajun-baked fish  
Dinner: sauerbraten, spinach lasagna  
  
**Sunday**  
Lunch: chicken á la king, onion-lemon baked fish  
Dinner: savory-baked chicken, Salisbury steak  
  
**Monday**  
Lunch: tamale pie, baked stuffed pork chops, baked fish  
Dinner: lasagna, roasted veal, Szechwan chicken  
  
**Tuesday**  
Lunch: Caribbean jerk chicken, hamburger steak, pork adobo  
Dinner: Yankee pot roast, country captain chicken, mustard-dill baked fish

**Wednesday**  
Lunch: barbecued chicken, barbecued pork loin, southern-fried catfish  
Dinner: Swedish meatballs, lemon-basted sole, savory-baked chicken  
  
**Thursday**  
Lunch: chicken Parmesan, roasted turkey, golden-fried fish  
Dinner: roasted pork loin, Hungarian goulash, lemon-baked fish

Menus are subject to change.



# Leave racing to NASCAR drivers; slow down, be safe

## Car accidents can happen within a fraction of a second; drive defensively

**Staff Sgt. David W. Scott**  
*325th Fighter Wing  
safety office*

Summer is here and with it comes the tourists, increased traffic and increased danger. I know this because just last week I was part of the problem.

Driving down Tyndall Parkway after visiting the base for the first time, I inadvertently discovered the

forced left turn at the U.S. Highway 98 and Business 98 intersection. I managed to make this last second adjustment, but my wife, who was following close behind me, had to change lanes unexpectedly, irritating drivers and causing their horns to blare. Sorry, I apologize.

With this in mind, however, the wing safety office would like to remind Team Tyndall of the dangers of speeding. The speed limit is 45

miles per hour on Tyndall Parkway. However, in the few days I have been here I've noticed that traffic flows more like the Indianapolis Speedway — without all the raceway safety equipment.

Please slow down and watch out for other drivers. Not everyone on Tyndall Parkway knows where they are going. Also, with the on-going construction, there are lane changes and more even more congestion to deal with.

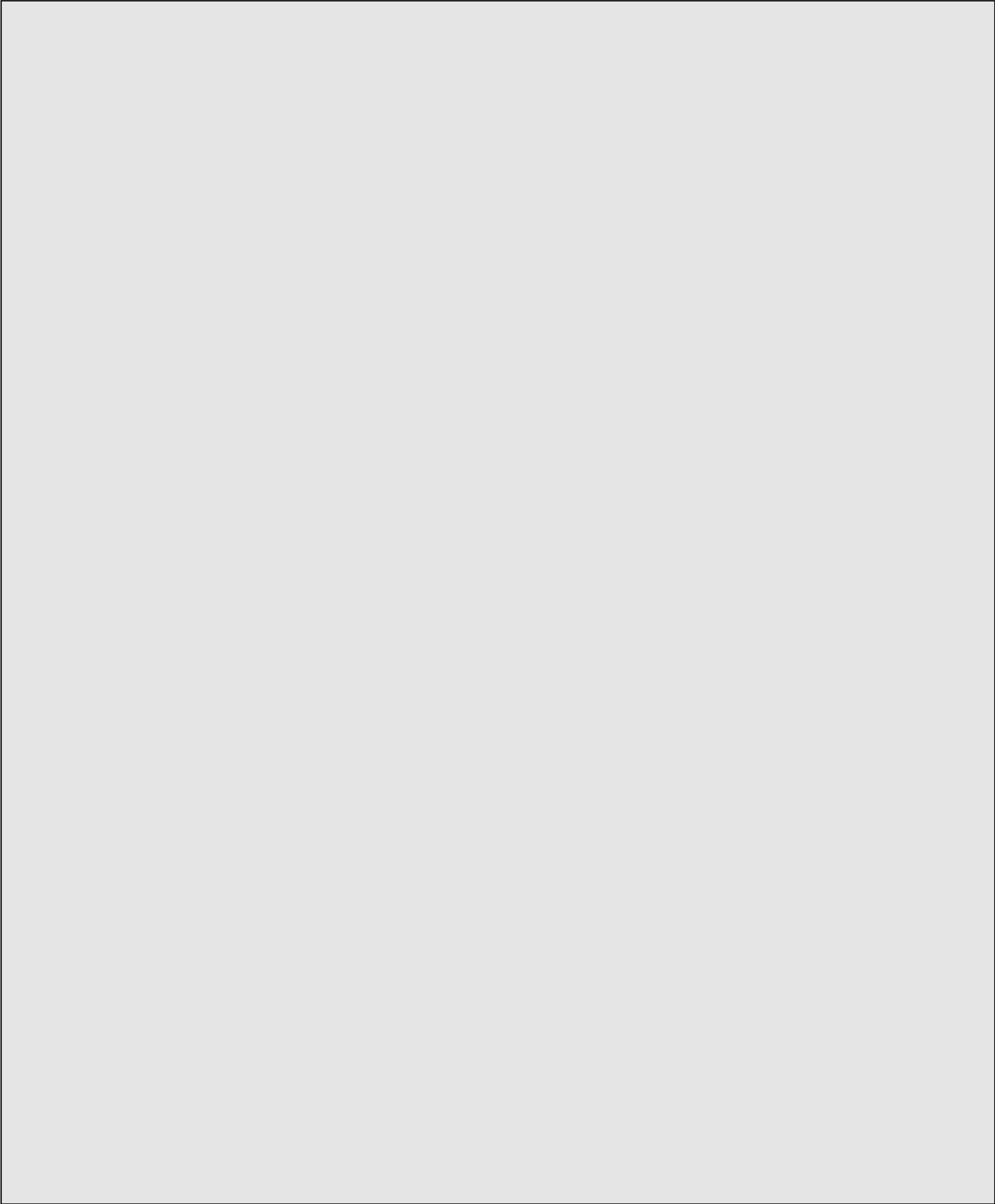
Slow down, watch out for other drivers, observe other vehicles, take your time and arrive at your destination safe and alive. The consequences you might have to deal with for not doing this could be your life or the life of another.



2nd Lt. Michael J. Adams

### ‘Road guards out’

Cadets from G-flight Air Force Reserve Officer Training Corps field training encampment one, march from Tyndall’s Berg Liles Dining Facility Monday, preparing for a full day’s work. Team Tyndall members need to be careful while driving and be mindful of ‘cadet crossings’ throughout the base.





# Sports and fitness

## Make time for fitness

Courtesy of the American Medical Association

Physical activity is a great way to enjoy life. It also brings great health benefits.

Being physically active reduces a persons risk of heart disease. In fact, physical inactivity may be just as dangerous as the other controllable risk factors for heart attack — smoking, high cholesterol and high blood pressure. By being active, people are also less likely to develop diabetes, osteoporosis, colon cancer or become overweight.

Still reluctant to get moving? Then consider that each year up to 250,000 American deaths are attributed to a lack of regular physical activity.

Reducing the risk of disease is an important benefit, but by being physically active a person will feel better, too. They'll have more energy, better blood circulation, stronger muscles, bones and joints, lower blood pressure and greater self-esteem.

Physical activity can also help people look better, lose excess weight, have more energy for keeping up with their family, spend less time watching television and

begin an active hobby.

If you're not already active, maybe it's time to get in on the action.

How active are you in an average day? Do you routinely climb stairs ... or is stepping into the elevator exercise enough? Do you take your dog for a brisk walk ... or sit inside while he frolics outdoors? Do you lift heavy objects yourself ... or pick up the phone to call the movers?

Making room in your life for fitness is the key to starting and sticking with a fitness program. Here are some reasons why you should make time for fitness:

- Everyday energy:** Exercising gives you the energy to do the things you want to do, such as spend quality time with friends and family.
- Mood monitor:** Getting fit reduces feelings of stress, anxiety and depression.
- Sound sleep:** Exercise improves your sleep, giving you the rest you need to enjoy daily activities — on the job and at home.
- Peak performance:** Being fit clears your head so that you can approach work refreshed and able to concentrate.
- Enhanced self-esteem:** Exercise can also boost self-confidence by

improving your strength, stamina, flexibility, appearance and sense of control.

In addition, regular physical activity can also help with ...

- Weight control:** Exercise can help shed extra pounds and abdominal fat — the fat most closely linked to heart disease. It can also help you maintain a healthy weight.
- Heart health:** It can reduce the risk of heart disease, or improve physical functioning if you have had a heart attack or bypass surgery.
- Cholesterol count:** Exercise also increases good cholesterol and lowers triglycerides.
- Cancer check:** It can reduce the risk of colon cancer.
- Handle hypertension:** Exercise will also lower high blood pressure and risk of stroke.
- Balance blood sugar:** Maintaining physical fitness will allow you to control blood sugar levels if you have, or are at risk for, diabetes.
- Bone benefit:** Lastly, exercise will improve bone density, reducing the risk of osteoporosis and fractures as you get older.

So, if you would like to enjoy the full benefits of a healthy lifestyle, fit fitness into your life today and every day.



Tech. Sgt. Sean E. Cobb

### A family affair

Sarah M. Rullan and her husband, Staff Sgt. Angel A. Rullan, Southeast Air Defense Sector identification technician, run laps together at the base track. "Running is a great way to spend time together," Angel said. "Plus we run to look good for each other — and it works!"

Intramural softball		
Team	Wins	Losses
Falcon league		
325 OSS	10	1
1 FS	9	1
325 MDG	7	3
325 TRS 1	7	4
325 COM	6	4
325 SFS	4	3
325 MSS	5	4
325 MXS 1	4	5
SEADS 1	4	6
95 FS	3	7
2 FS	2	7
83 FWS 1	0	8
325 MXS 2	0	8
Federal league		
AFCESA	9	2
325 LSS	9	2
TW	8	2
RHS	8	3
325 CES	7	3
325 SVS	7	4
CONS	5	6
53 WEG	4	6
CONR	3	7
83 FWS 2	2	9
SEADS 1	1	9
325 TRS 2	0	10

## Intramural golf

Squadron	Total points
CONR 1	49
AFCESA	45
325 MSS	42.5
325 MXS	41.5
325 SVS	40.5
325 CES	39
325 TRS	35
325 OSS	30.5
SEADS	29
325 LSS 1	23
TEST 1	22
325 SFS	21
82 ATRS	20.5
83 FWS	15.5
CONR 2	15
RHS	14
81 TSS	14
325 COM	12.5
CONR 3	12.5
372 TRS	8
LSS 2	3.5

# Varsity softball team looks good in first tournament

Courtesy of the fitness center

The Tyndall Men’s Varsity Softball team, sponsored by King Aerospace, took the field Saturday in Blountstown, finishing fourth in their first tournament of the year.

The team went 3-2, averaging 16 runs a game, and played a solid defense. Led by left center-fielder, Robby Kindernay, who hit .722 with two triples, two doubles and a homerun, and

Orin Bertrand, who hit .632 with six homeruns, the team played well for the first time playing together.

Other players of note are Mark Thomas, hitting .625 with two homeruns; Wayne Frost with .611 and three homeruns; Robert Scarveles with .556 and Brian Gerlt with a .500 average over the five games.

This year’s varsity team consists of Orin Bertrand, Mike Brauer, Jamie Brittion, Wayne Frost, Darrell Gary, Brian Gerlt,

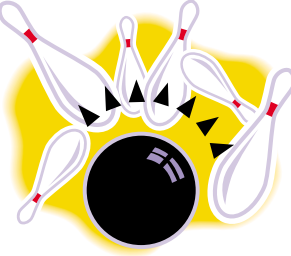
Robert Johnson, Robby Kindernay, Tim Megee, Chad Ryan, J.D. Rish, Robert Scarveles, Mark Thomas, Randall Trussell, Ron Ward and Kerry Warren. The team is coached by Kevin Howell.

The team takes the field Saturday in Ft. Walton in a United States Slowpitch Softball Association tournament to get ready for the Armed Forces World Tournament in Dallas, Texas in the middle of August.

Intramural ladies softball		
Team	Wins	Losses
Eagle league		
325 TRS	2	0
NCOA	1	1
325 MDG	1	1
325 COM	0	2



## Bowl a few frames at *Raptor Lanes*



**Hours of operation**  
Monday-Wednesday: 10 a.m.-10 p.m.  
Thursday: 9 a.m.-midnight  
Friday: 10 a.m.-2 a.m.  
Saturday: 9 a.m.-2 a.m.  
Sunday: 1-8 p.m.

